



HEY

EPI NEWS

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Pre-Holiday Edition

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South Side

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3401 West Tharpe Street,
Tallahassee FL 32304

For more surveillance
information, see the DOH
Web site at

<http://www.doh.state.fl.us/Environment/hsee/arbo/index.htm> or call the
Disease Outbreak

Information Hotline which
offers updates on medical
alert status and
surveillance at
888.880.5782



Hot Topics



Leon County Health Department Urges Residents to Take Precautions to Avoid Mosquito Bites

Several Leon County sentinel chickens have tested positive for Eastern Equine Encephalitis (EEE) virus. Leon County Mosquito Control monitors sentinel chicken flocks to estimate the prevalence of mosquito-borne viruses in the area that could potentially be transmitted to humans. So far this year, there have been no human cases of mosquito-borne encephalitis identified in Leon County.

Leon County Mosquito Control and the Leon County Health Department encourage residents and visitors to take basic precautions to help limit exposure to mosquitoes by following the Florida Department of Health's "5 D's" for prevention:

- Dusk and Dawn (Avoid being outdoors during these times when mosquitoes are most active);
- Dress (Wear clothing that covers skin);
- DEET (Use mosquito repellents including DEET [N, N diethyl-*m*-toluamide] on skin and pyrethrins on clothing when you are outside);
- Drainage (Check your home and remove standing water where mosquitoes can lay their eggs.)

Eliminating breeding sites is one of the keys to prevention.

Tips on Eliminating Mosquito Breeding Sites:

- Clean out eaves, troughs and gutters.
- Discard old tires, or drill holes in tires on playgrounds to allow them to drain.
- Turn over or remove empty plastic pots.
- Pick up all beverage containers and cups.
- Check tarps on boats or other equipment that may collect water.
- Pump out bilges on boats.
- Replace water in birdbaths or other animal feeding dishes at least once a week.
- Change water in plant trays, including hanging plants, at least once a week.
- Remove vegetation or obstructions in drainage ditches that prevent the flow of water.

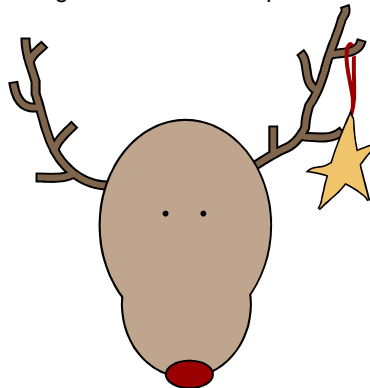
The Florida Department of Health continues to conduct statewide surveillance for mosquito borne illnesses, including West Nile virus, Eastern Equine Encephalitis, St. Louis Encephalitis, malaria, and dengue.

Sentinel Physician – Week 45

Data from 2 local physicians reporting on Influenza sentinel data:

Total Patients Seen – 96

Total Influenza Like Illness (ILI) Seen – 7 (3 - Age 0-4 and 4 - Age 5-24)



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<http://www.doh.state.fl.us/Environment/hsee/arbo/index.htm> or call
the Disease Outbreak Information Hotline which offers updates on
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EPI Reporting

What to report?

Suspected or diagnosed communicable diseases and outbreaks. List of the diseases can be obtained from the Leon County Health Department by calling (850) 488-3186 or http://www.doh.state.fl.us/disease_ctl/epi/surv/lor8_3.pdf

Why Report?

Health care practitioners are very busy people and an individual practitioner may not know what is happening in their community at all times. Reporting of communicable disease makes it possible to prevent further spread of the disease.

Who should report?

All licensed health care practitioner.

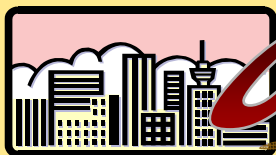
When should the report be made?

These reports should be made promptly within 72 hours, except in case of a disease that may need an immediate intervention i.e. those have (T) or phone, or an outbreak, clusters or grouping, which should be reported immediately.

Where to report?

Direct further inquiry to the Leon County Health Department Epidemiology, Nursing Program Specialist, Rebecca D'Alessio, at 487-3186.





Community Hotline

DID YOU KNOW?

Cook It Right . . .

Color is not a sure indicator of whether food is safe to eat. The only way to know that meat, poultry, casseroles, and other foods are properly cooked all the way through is to use a clean food thermometer.

Ground Beef

Cook ground beef to at least 160° F (71° C). Use a food thermometer to check. The Centers for Disease Control and Prevention link eating undercooked, pink ground beef with a higher risk of illness. If a thermometer is not available, do not eat ground beef that is still pink inside.

Meat and Poultry

Cook roasts and steaks to an internal temperature of at least 145° F (63° C). Whole poultry should be cooked to 180° F (82° C) - measure the temperature in the thigh. Chicken breasts should be cooked to 170° F (77° C).

Seafood

Cook fish until it's opaque and flakes easily with a fork.

Eggs

Cook eggs until the yolks and whites are firm. Don't use recipes in which eggs remain raw or partially cooked, unless you use pasteurized eggs.

Leftovers

Leftovers should be reheated to 165° F (74° C). Bring sauces, soups, and gravies to a boil.

Surface Cleaning

- Consider using paper towels to clean up kitchen surfaces and throw the germs away with the towels. If you use cloth towels, launder them often, using hot water. **Note:** Don't dry your hands with a towel that was previously used to clean up raw meat, poultry, or seafood juices.
- Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next food. Periodically, kitchen sanitizers can be used for added protection against bacteria. You can also use one teaspoon of liquid chlorine bleach per quart of clean water to sanitize surfaces. The bleach solution needs to sit on the surface to be sanitized for about 10 minutes to be effective.
- Replace excessively worn cutting boards (including plastic, non-porous acrylic, and wooden boards). Bacteria can grow in the hard-to-clean grooves and cracks.
- In your refrigerator, wipe up spills immediately, clean refrigerator surfaces with hot, soapy water, and, once a week, throw out perishable foods that should no longer be eaten.
- Keep pets off kitchen counters and away from food.



Apply the Heat!

*This chart provides guidance for cooking foods at home.

Cooking food-especially raw meat, poultry, fish and eggs-to the proper temperature kills harmful bacteria. Thoroughly cook food as follows*:



Raw Food Internal Temperature

Ground Products

| | |
|------------------------|-------|
| Beef, veal, lamb, pork | 160°F |
| Chicken, turkey | 165°F |

Beef, Veal, Lamb Roasts & steaks

| | |
|-------------|-------|
| Medium-rare | 145°F |
| Medium | 160°F |
| Well-done | 170°F |

Pork

| | |
|--------------------|-------|
| Chops, roast, ribs | |
| Medium | 160°F |
| Well-done | 170°F |
| Ham, fully cooked | 140°F |
| Ham, fresh | 160°F |
| Sausage, fresh | 160°F |

Poultry (Turkey & Chicken)

| | |
|------------------------------|-------|
| Whole bird | 180°F |
| Breast | 170°F |
| Legs & thighs | 180°F |
| Stuffing (cooked separately) | 165°F |

Eggs

| | |
|------------------|-----------------------|
| Fried, poached | yolk & white are firm |
| Casseroles | 160°F |
| Sauces, custards | 160°F |

Fish flakes with a fork



Information to share with
your clients this Holiday
Season

When should you wash your hands?

You should wash your hands often. Probably more often than you do now because you can't see germs with the naked eye or smell them, so you do not really know where they are hiding.



It is especially important to wash your hands

- Before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste
- When your hands are dirty, and
- More frequently when someone in your home is sick.